

The Truth Behind ADHD

Symptom Free Ezine

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A Note From Rory

Dear Reader,

I can hardly believe another week has come and gone already. But I will tell you that I rather enjoy this new format and having the opportunity to be with you each and every week. The more active I become within the ADHD community, the more I realize that I have found a home - an area of comfort and sanity in the world. I find a forum where I can connect with people who are incredibly passionate about life and supporting their children.

That is a mission I can get on board with and really take comfort in supporting.

On a different note, the rollercoaster continues, our son is now finally sleeping better again. But our daughter has the fever and cold he had for the last 7 days. It's almost like a merry-go-round. So perhaps we have our very own amusement park in life right now. But fortunately, the weather has been beautiful, and we have been outside soaking up every single moment.

And the best part yet, we are enjoying a full week of family time. My wife is on April vacation this week, and these are often the best weeks. For just one week, we get to really put everything else aside and focus on being a family. We eat all of our meals together - casually or at the table - spend time goofing around and being silly, and just let go of all our day-to-day pressures. Don't get me wrong, they are still there. They exist. But for one week we are able to really focus in on, embrace, and remember what we live for - being together as a family.

As always, it's a privilege to be with you each week - and I thank you for this opportunity.

Rory Stern, PsyD

<http://www.theADHDparentsmovie.com>

Featured Article

Finding Salvation, Support, & Resources

By, Dr. Rory Stern

I want to be personal here with you in today's article. I want to be personal because it is a great privilege to be in contact with you, to be invited in to your life and your world, and to be able to support you around ADHD and it's impact on your child, your family, and most of all it's impact on YOU. To receive questions each week, and to interact with parents all over the world is really a blessing and something I couldn't be more thrilled to have the opportunity to do, day in and day out!

Connecting with parents of children diagnosed with ADHD or suspected of having ADHD is just about one of the most touching parts of my day. And I couldn't have that without you! Thank you! Thank you for being here, for being in touch, for inspiring me to go out and get more and more information, and become more involved in your world.

When I haven't been outside with the kids this week, or spending time with my wife - together as a family, I have had wonderful opportunities to connect with many ADHD professionals and advocates in the world. If you don't know already - the ADHD community is tight-knit, supportive, and welcoming. They really are! And if you don't personally know that yet - then we need to introduce you to these people.

In some ways - it's about taking an active step to reaching ADHD professionals - and not just general practitioners who are working as a jack-of-all trades. I invite you to take a step forward, raise your hand, and let me know - let us know - that you want to be a part of this wonderful, and supportive community.

Believe it or not, but for every naysayer and negative person, there are just as many strong advocates in the field of ADHD!

Why Am I Sharing This With You?

I am sharing this with you because so many people feel as if they are alone. They feel left out of the "regular" community because of behavior or choices. And I can proudly stand up and tell you that the ADHD community is strong and supportive. Those who have committed themselves to promoting ADHD awareness, really do understand the struggle... They really understand the level of frustration you experience - and the level of support you need!

And I am also telling you this because there are resources all over the place, and there are accessible supports within the ADHD community. There are professionals out there who are committed to offering support, encouragement, information, resources, and strategies that can make a difference starting today.

In the weeks ahead - we are going to share those strategies. In the coming weeks, we are really going to dig in and take a look at what is going on, what is needed, and how to get it! We are no longer a clustered group, but instead a global community with resources available to us all - available at the tip of our fingers and at the speed of our Internet connection.

Part of what I have been doing this week, is focusing on a way to gather up these resources and to sort out the good from the bad... The positive from the negative... The truth from the hype...

I know this is NOT the usual article - but I need to share this with you. I need to let you know that the supports you are looking for are out there, and together we are going to find them and make them available.

Getting Started Today:

Let's start our own community - YOU and Me! Together, we can build the resources and supports that we are all looking for.

Do you Facebook?

I just created this GROUP for YOU!

You'll need to join Facebook first, but it's quick and easy. Best of all, we'll have fun and start supporting one another right away. Anyone can join - friends, family, you name it...

[ADHD Support Network](#)

Take a moment to sign up for Facebook if you haven't already! Let's start connecting and being there for one another.

Will you join me?

News & Events

Do you have questions?

If you are struggling to get the answers you need... the answers that will make a difference for your family and your child(ren), then **wait no more!** As a valued reader and subscriber, you can contact me and ask the questions you need answers for.

If I don't know the answer, I will find someone who does know it, and we'll learn together.

Send in your questions [here](#)... Just be sure to use "Question" in your subject line.

About The Truth

[The Truth Behind ADHD](#) is managed by Dr. Rory Stern. Dr. Stern is an advocate, therapist, coach, and speaker on parenting children with ADHD. In managing "The Truth" and this newsletter, he offers a unique style of providing parents of children with ADHD both information and insight into what their child is experiencing. In addition, he connects with parents on a level that allows them to understand their own struggles along with how their children are struggling. His **main goal** is to provide parents with the support, encouragement, and resources to take action now - so they can start to experience change in their child's life, as well as in their own.

[Read more](#) about The Truth...

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2. The Truth Behind ADHD does not guarantee or provide any warranty for the information presented.
3. You should continue to make **any and all** medical and mental health decisions with your licensed medical professionals.

4. The Truth Behind ADHD cannot make any specific diagnosis or recommended individualized treatment plans in this capacity.

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